

Indicators of Health Status in Alabama



Jointly produced to assist those seeking to improve health care in rural Alabama

by

The Office of Primary Care and Rural Health,
Alabama Department of Public Health

and

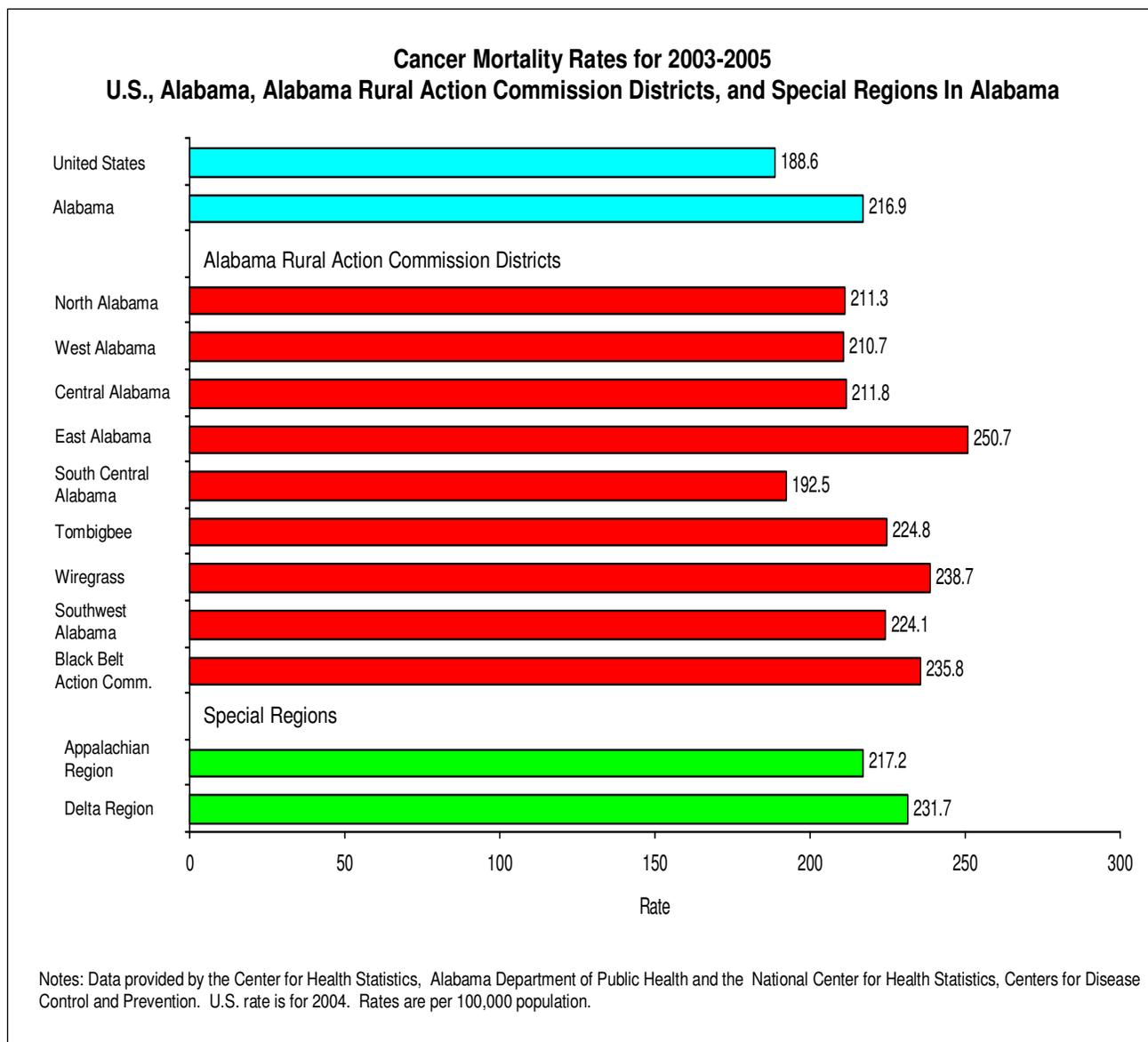
The Alabama Rural Health Association

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This and other reports in this series can be referenced on-line by visiting the "Reports" section of the Office of Primary Care and Rural Health Web site at <http://adph.org/ruralhealth/> or the "Rural/Urban Comparisons" section of the Alabama Rural Health Association Web site at www.arhaonline.org

October 2007

Indicators of Health Status in Alabama: **CANCER MORTALITY**



-  Cancer has been the second leading cause of death in Alabama since 1966.
-  Alabama currently has the 11th highest cancer mortality rate among all 50 states. Alabamians aged 35-64 years have the 5th highest cancer mortality rate among all 50 states.
-  Alabama lost 29,389 residents to cancer during 2003-2005.
-  37 of the 40 Alabama counties with the highest cancer mortality rates are rural counties.

Cancer occurs in individuals who usually:

- smoke, use tobacco products, or are exposed to environmental smoke.
- have low consumption of fruits, vegetables, and whole grain foods.
- have excessive consumption of high fat foods, particularly from animal sources.
- are physically inactive.
- are obese.
- have excessive alcohol consumption.
- have excessive sun exposure.

To prevent or detect cancer early, individuals at risk should:

- avoid or eliminate exposure to cigarette smoke, tobacco products, or environmental tobacco smoke.
- eat 5 or more servings of fruits and vegetables daily and 6 to 11 servings daily of breads, cereals, rice, pastas, and other grain products.
- use more non-meat main dishes such as dried peas and beans, and tofu.
- balance food and physical activity to maintain a healthy weight.
- if alcohol is consumed, for men drink no more than two drinks a day, and for women, drink no more than one drink a day.
- protect against excessive sun exposure with protective clothing and sun-screens with at least a sun protective factor (SPF) of 15 or higher.
- have recommended screening tests as appropriate – for women, screening mammograms, Pap smears, tests for colorectal cancer, skin examinations; for men, testicular examinations, tests for colorectal cancer, and skin examinations.

What Is Considered to be Rural In This Publication?

There are several differing definitions for “rural” with most definitions being specific to programs or initiatives. “Rural” is not a concrete term. Opinions on what is considered as rural tend to change between geographical areas and over time. For additional information on what areas are considered as being “rural” for the various federal programs, visit the Rural Assistance Center at <http://maps.rupri.org/circ/racrural/amirural.asp> where an address can be entered to determine rural status for each program.

This publication considers entire counties as being “rural” or “urban” since most data of interest for studies is available at the county level, but not at sub-county levels. Counties are assigned a score using four major indicators of rurality in this definition. These are population per square mile, the size and number of cities in a county, percentage of total employment comprised by employment in public education, and per capita agricultural sales. For additional information on the determination of which counties are considered “rural,” please visit the “What Is Rural?” section at the Alabama Rural Health Association’s Web site, www.arhaonline.org.

This publication also presents information on the eight regions established through the Alabama Rural Action Commission, the Black Belt Action Commission, Alabama’s Appalachian Region counties, Alabama’s Delta Region counties, Alabama’s “rural” counties, and Alabama’s “urban” counties. In addition, “rural” counties are further classified and presented as being “highly” or “moderately” rural according to their score. “Rural” counties are also classified and presented as being in “rural south” or “rural north” Alabama because of great demographic and health status variation in these portions of the state.

Counties in the Various Regions or Classifications Used in This Report:

North Alabama Action Commission includes Colbert, Cullman, DeKalb, Franklin, Jackson, Lauderdale, Lawrence, Limestone, Madison, Marion, Marshall, Morgan, and Winston.

West Alabama Action Commission includes Bibb, Fayette, Greene, Hale, Lamar, Pickens, and Tuscaloosa.

Central Alabama Action Commission includes Blount, Chilton, Jefferson, St. Clair, Shelby, and Walker.

East Alabama Action Commission includes Calhoun, Chambers, Cherokee, Clay, Cleburne, Coosa, Etowah, Randolph, Talladega, and Tallapoosa.

South Central Alabama Action Commission includes Autauga, Bullock, Butler, Crenshaw, Elmore, Lee, Lowndes, Macon, Montgomery, Pike, and Russell.

Tombigbee Action Commission includes Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox.

Wiregrass Action Commission includes Barbour, Coffee, Covington, Dale, Geneva, Henry, and Houston.

Southwest Alabama Action Commission includes Baldwin, Escambia, and Mobile.

Black Belt Action Commission includes Bullock, Choctaw, Dallas, Greene, Hale, Lowndes, Macon, Marengo, Perry, Pickens, Sumter, and Wilcox counties.

Rural Counties include Autauga, Baldwin, Barbour, Bibb, Blount, Bullock, Butler, Chambers, Cherokee, Chilton, Choctaw, Clarke, Clay, Cleburne, Coffee, Colbert, Conecuh, Coosa, Covington, Crenshaw, Cullman, Dale, Dallas, DeKalb, Elmore, Escambia, Fayette, Franklin, Geneva, Greene, Hale, Henry, Jackson, Lamar, Lawrence, Limestone, Lowndes, Macon, Marengo, Marion, Marshall, Monroe, Perry, Pickens, Pike, Randolph, Russell, St. Clair, Sumter, Talladega, Tallapoosa, Walker, Washington, Wilcox, and Winston.

Highly Rural Counties include Barbour, Bibb, Blount, Bullock, Butler, Cherokee, Choctaw, Clarke, Clay, Cleburne, Coffee, Conecuh, Coosa, Covington, Crenshaw, Cullman, Dallas, DeKalb, Escambia, Fayette, Franklin, Geneva, Greene, Hale, Henry, Jackson, Lamar, Lawrence, Lowndes, Macon, Marengo, Marion, Marshall, Monroe, Perry, Pickens, Pike, Randolph, Sumter, Washington, Wilcox, and Winston.

Moderately Rural Counties include Autauga, Baldwin, Chambers, Chilton, Colbert, Dale, Elmore, Limestone, Russell, St. Clair, Talladega, Tallapoosa and Walker.

Rural North Counties include Bibb, Blount, Chambers, Cherokee, Chilton, Clay, Cleburne, Colbert, Coosa, Cullman, DeKalb, Elmore, Fayette, Franklin, Hale, Jackson, Lamar, Lawrence, Limestone, Macon, Marion, Marshall, Pickens, Randolph, St. Clair, Talladega, Tallapoosa, Walker, and Winston.

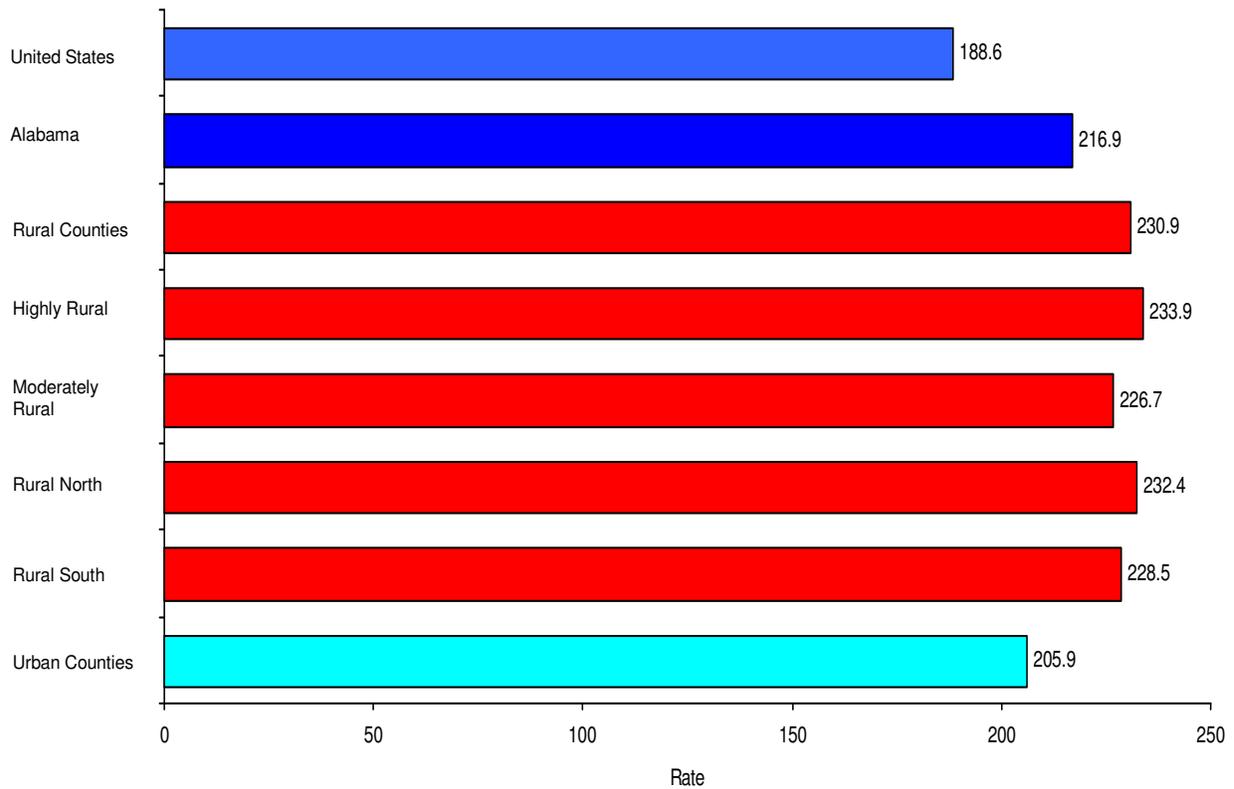
Rural South Counties include Autauga, Baldwin, Barbour, Bullock, Butler, Choctaw, Clarke, Coffee, Conecuh, Covington, Crenshaw, Dale, Dallas, Escambia, Geneva, Greene, Henry, Lowndes, Marengo, Monroe, Perry, Pike, Russell, Sumter, Washington, and Wilcox.

Urban Counties include Calhoun, Etowah, Houston, Jefferson, Lauderdale, Lee, Madison, Mobile, Montgomery, Morgan, Shelby, and Tuscaloosa.

Appalachian Region includes Bibb, Blount, Calhoun, Chambers, Cherokee, Chilton, Clay, Cleburne, Colbert, Coosa, Cullman, DeKalb, Elmore, Etowah, Fayette, Franklin, Hale, Jackson, Jefferson, Lamar, Lauderdale, Lawrence, Limestone, Macon, Madison, Marion, Marshall, Morgan, Pickens, Randolph, St. Clair, Shelby, Talladega, Tallapoosa, Tuscaloosa, Walker, and Winston counties.

Delta Region includes Barbour, Bullock, Butler, Choctaw, Clarke, Conecuh, Dallas, Escambia, Greene, Hale, Lowndes, Macon, Marengo, Monroe, Perry, Pickens, Russell, Sumter, Washington, and Wilcox counties.

**Cancer Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

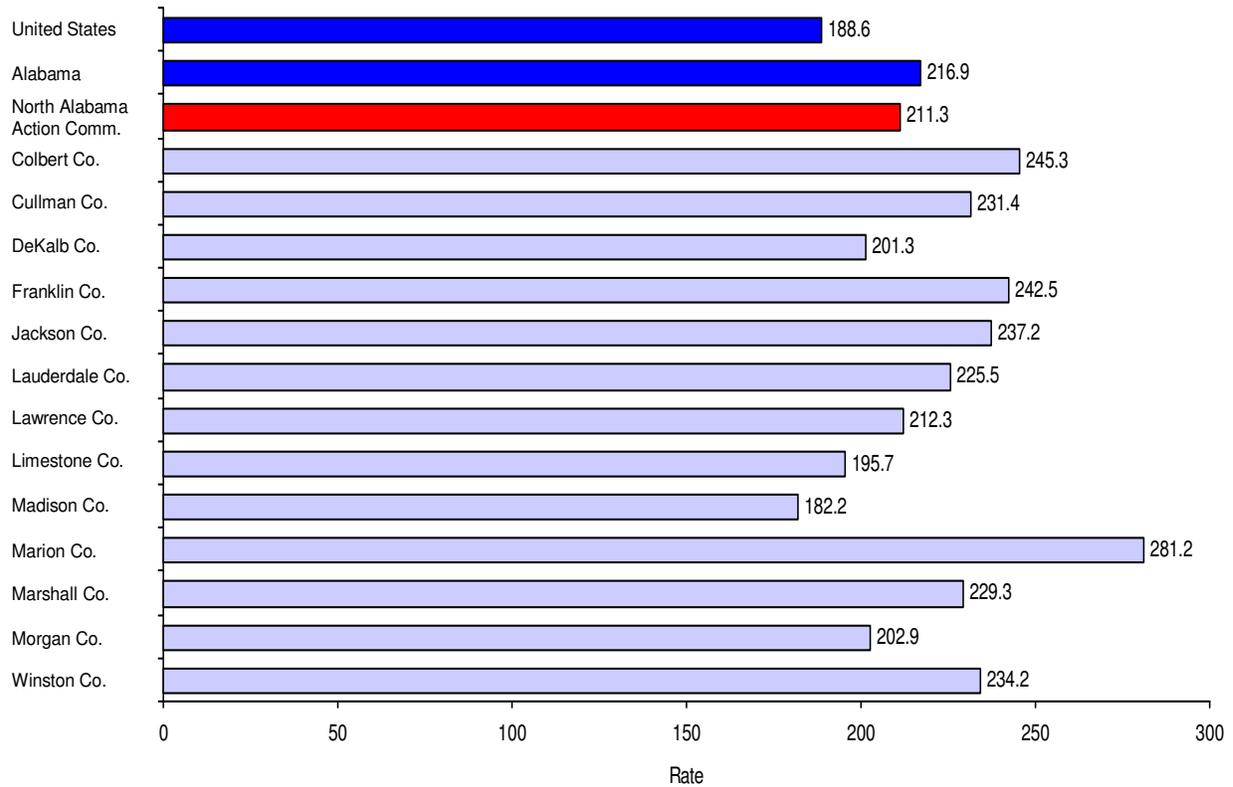


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	553,888	188.6
Alabama	Not Applicable	29,389	216.9
Rural Alabama Counties	Not Applicable	13,759	230.9
Highly Rural Alabama Counties	Not Applicable	8,079	233.9
Moderately Rural Alabama Counties	Not Applicable	5,680	226.7
Rural North Alabama Counties	Not Applicable	8,328	232.4
Rural South Alabama Counties	Not Applicable	5,431	228.5
Urban Alabama Counties	Not Applicable	15,630	205.9

**Cancer Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

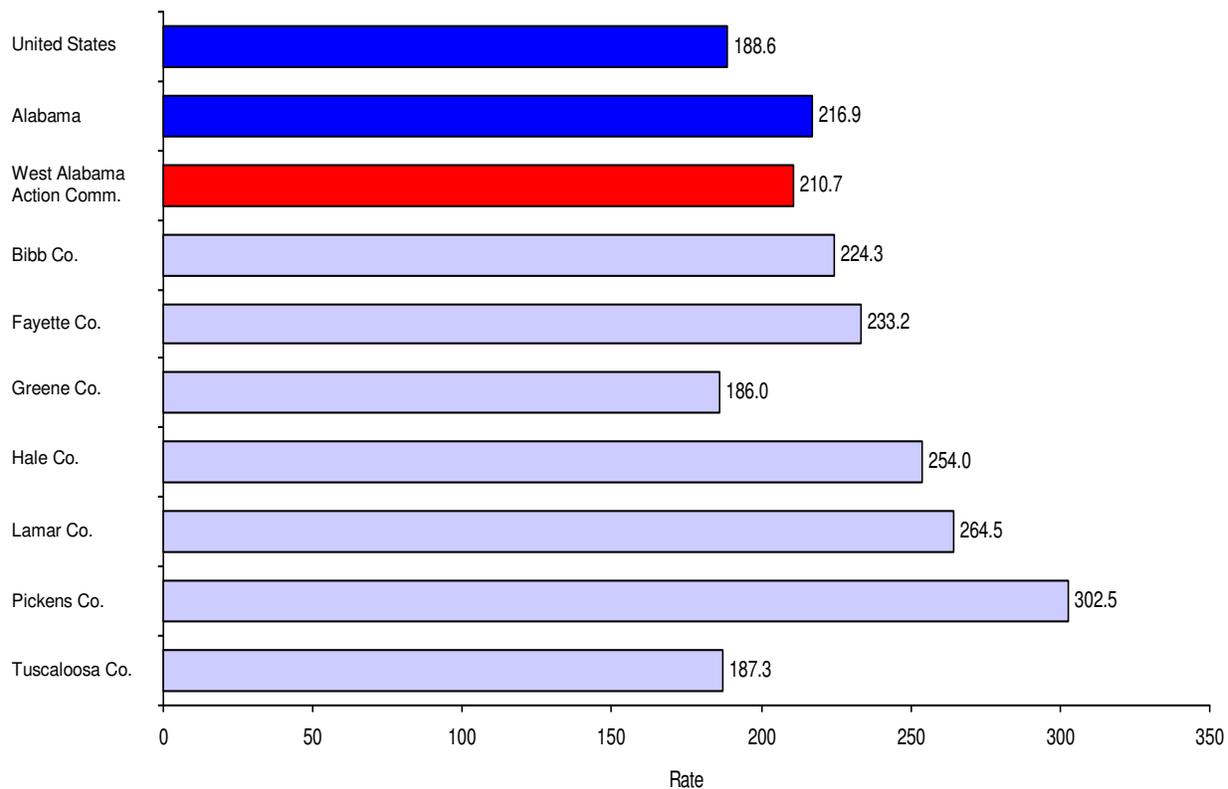


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	6,476	211.3
District's Rural Counties Combined	Not Applicable	3,594	227.0
District's Urban Counties Combined	Not Applicable	2,882	194.6
Colbert County	Yes	402	245.3
Cullman County	Yes	549	231.4
DeKalb County	Yes	404	201.3
Franklin County	Yes	223	242.5
Jackson County	Yes	382	237.2
Lauderdale County	No	591	225.5
Lawrence County	Yes	219	212.3
Limestone County	Yes	406	195.7
Madison County	No	1,604	182.2
Marion County	Yes	254	281.2
Marshall County	Yes	583	229.3
Morgan County	No	687	202.9
Winston County	Yes	172	234.2

**Cancer Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**

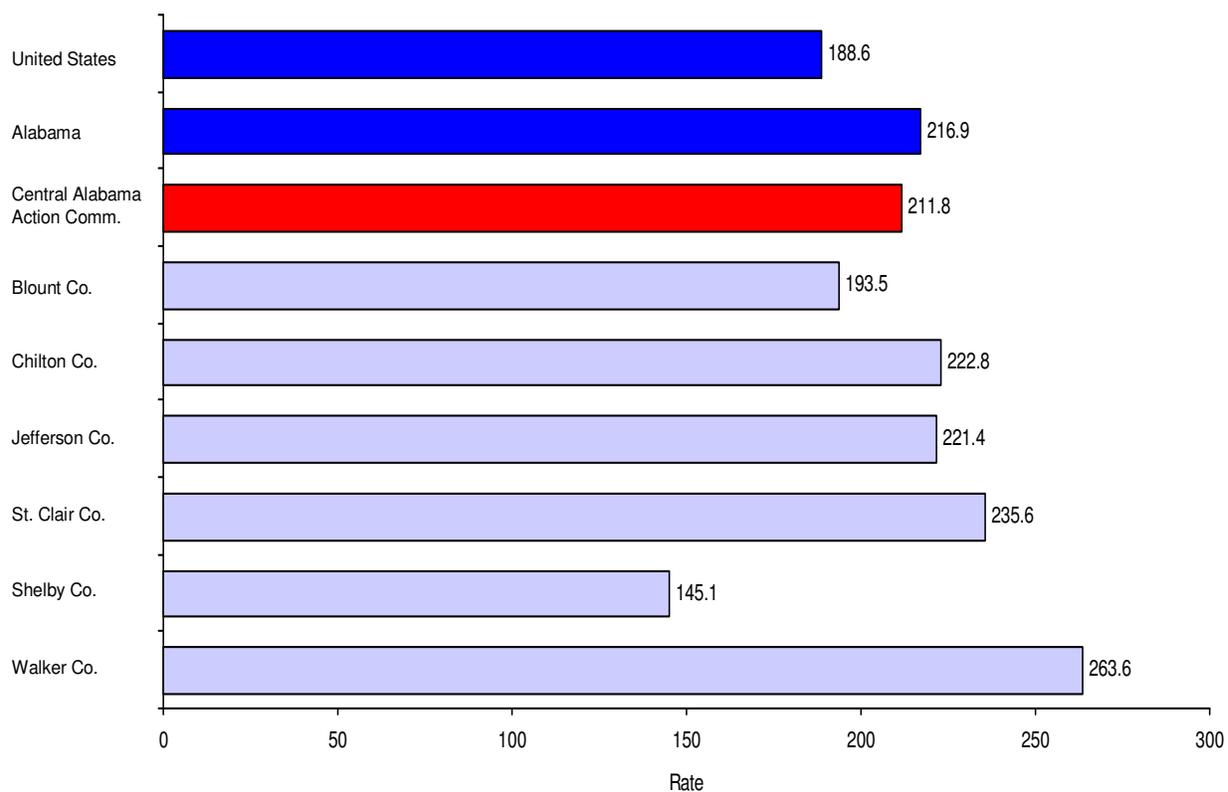


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	1,702	210.7
District's Rural Counties Combined	Not Applicable	765	248.9
District's Urban Counties Combined	Not Applicable	937	187.3
Bibb County	Yes	143	224.3
Fayette County	Yes	127	233.2
Greene County	Yes	54	186
Hale County	Yes	138	254.0
Lamar County	Yes	119	264.5
Pickens County	Yes	184	302.5
Tuscaloosa County	No	937	187.3

**Cancer Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

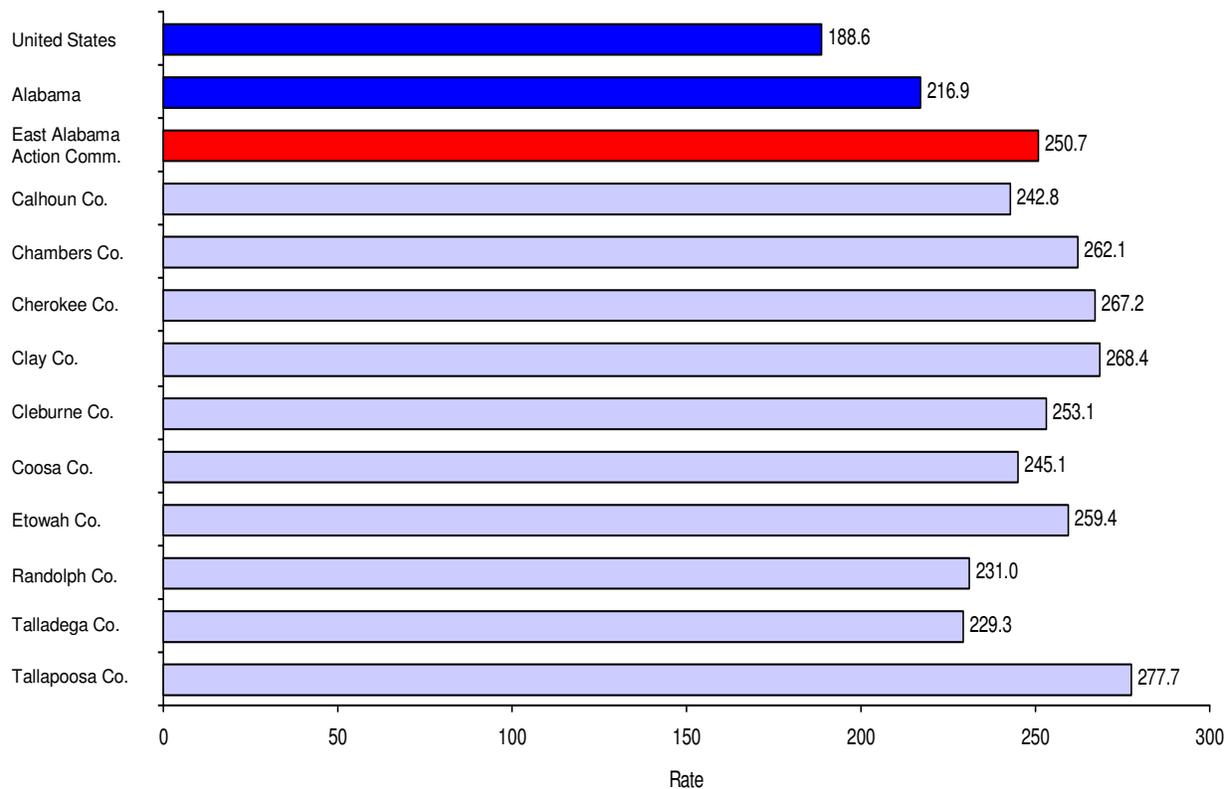


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	6,728	211.8
District's Rural Counties Combined	Not Applicable	1,643	231.8
District's Urban Counties Combined	Not Applicable	5,085	206.0
Blount County	Yes	319	193.5
Chilton County	Yes	276	222.8
Jefferson County	No	4,365	221.4
St. Clair County	Yes	496	235.6
Shelby County	No	720	145.1
Walker County	Yes	552	263.6

**Cancer Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**

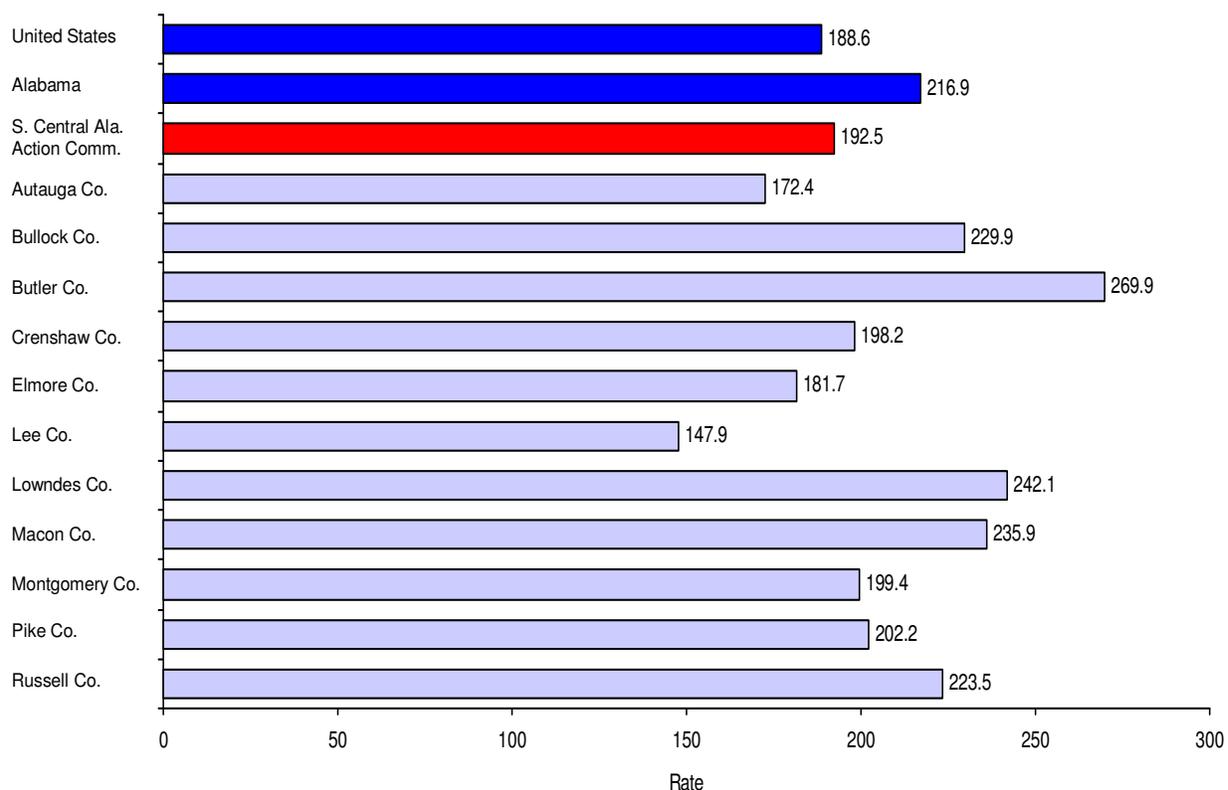


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	3,442	250.7
District's Rural Counties Combined	Not Applicable	1,826	250.6
District's Urban Counties Combined	Not Applicable	1,616	250.8
Calhoun County	No	815	242.8
Chambers County	Yes	279	262.1
Cherokee County	Yes	196	267.2
Clay County	Yes	113	268.4
Cleburne County	Yes	110	253.1
Coosa County	Yes	83	245.1
Etowah County	No	801	259.4
Randolph County	Yes	156	231.0
Talladega County	Yes	550	229.3
Tallapoosa County	Yes	339	277.7

**Cancer Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**

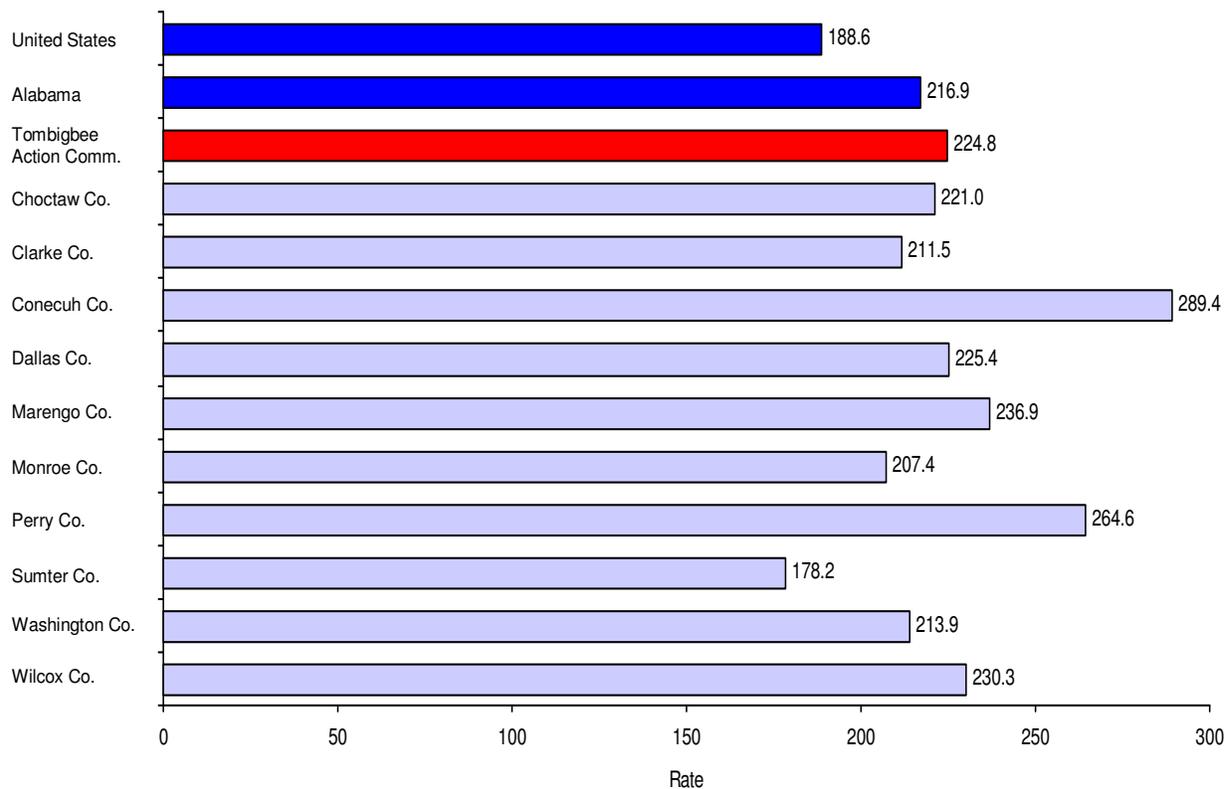


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	3,582	192.5
District's Rural Counties Combined	Not Applicable	1,726	206.2
District's Urban Counties Combined	Not Applicable	1,856	181.2
Autauga County	Yes	245	172.4
Bullock County	Yes	77	229.9
Butler County	Yes	167	269.9
Crenshaw County	Yes	81	198.2
Elmore County	Yes	391	181.7
Lee County	No	534	147.9
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Montgomery County	No	1,322	199.4
Pike County	Yes	178	202.2
Russell County	Yes	329	223.5

**Cancer Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**

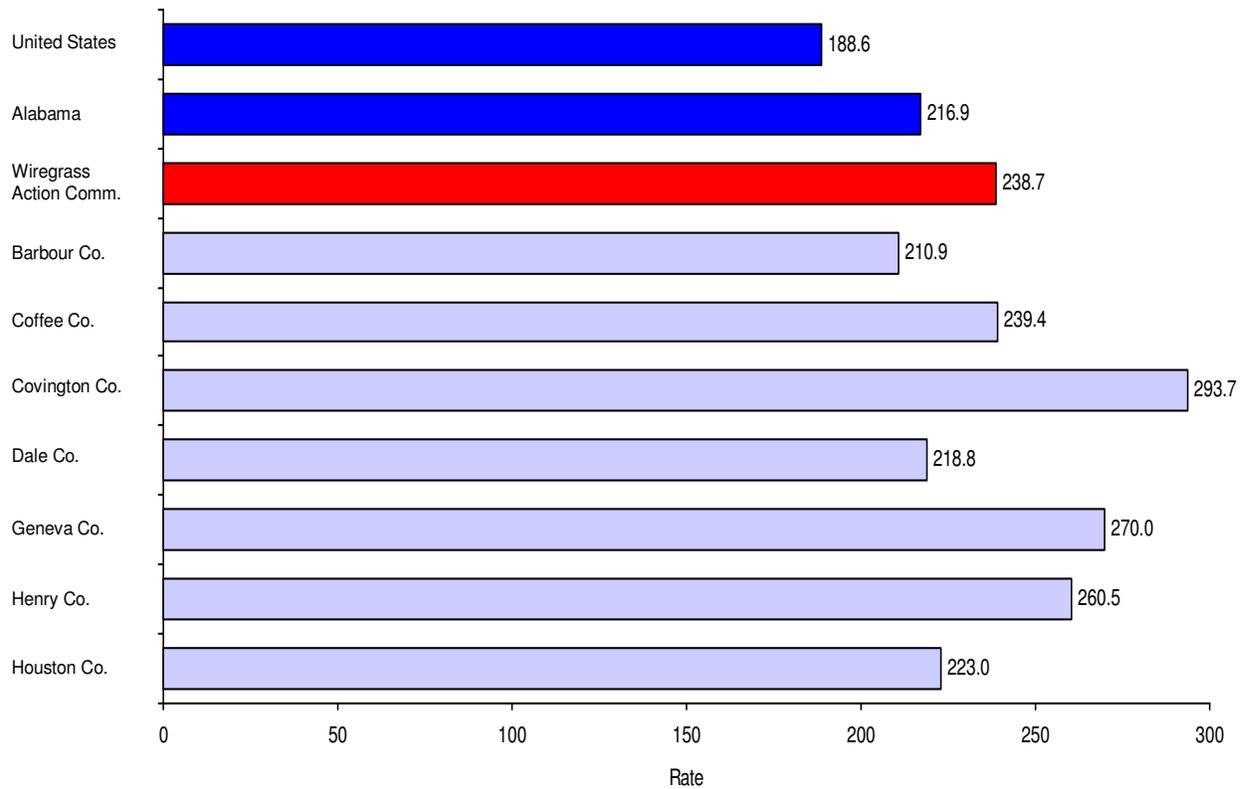


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	1,362	224.8
District's Rural Counties Combined	Not Applicable	1,362	224.8
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	100	221.0
Clarke County	Yes	173	211.5
Conecuh County	Yes	116	289.4
Dallas County	Yes	301	225.4
Marengo County	Yes	156	236.9
Monroe County	Yes	147	207.4
Perry County	Yes	91	264.6
Sumter County	Yes	75	178.2
Washington County	Yes	114	213.9
Wilcox County	Yes	89	230.3

**Cancer Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

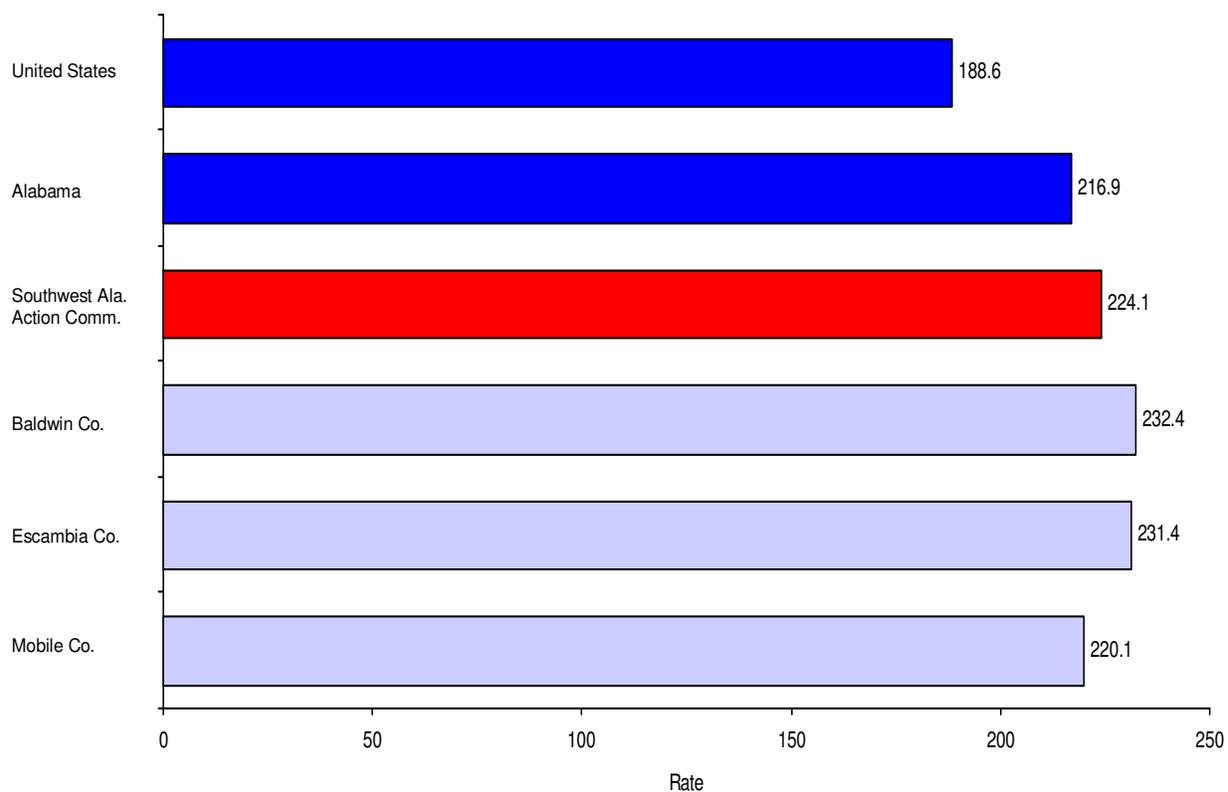


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	2,104	238.7
District's Rural Counties Combined	Not Applicable	1,484	245.9
District's Urban Counties Combined	Not Applicable	620	223.0
Barbour County	Yes	180	210.9
Coffee County	Yes	323	239.4
Covington County	Yes	324	293.7
Dale County	Yes	321	218.8
Geneva County	Yes	207	270.0
Henry County	Yes	129	260.5
Houston County	No	620	223.0

**Cancer Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

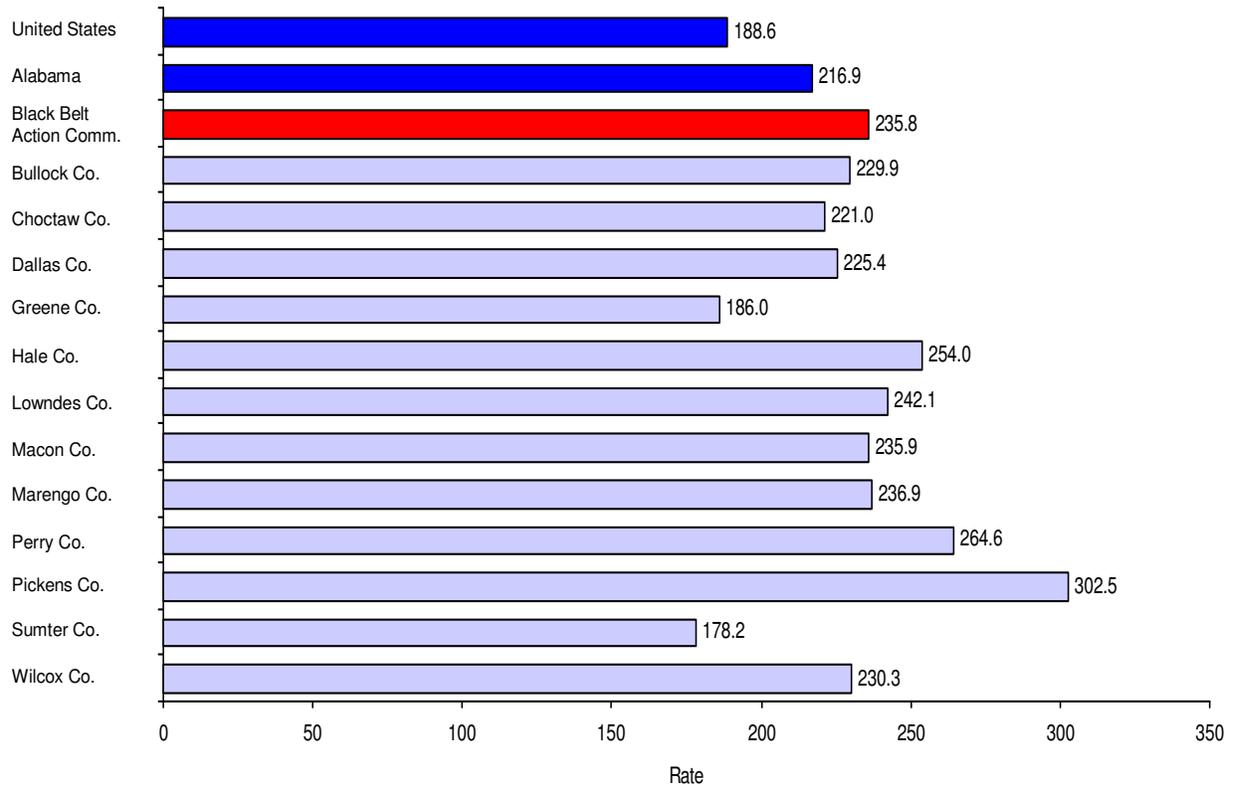


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	3,993	224.1
District's Rural Counties Combined	Not Applicable	1,359	232.2
District's Urban Counties Combined	Not Applicable	2,634	220.1
Baldwin County	Yes	1,094	232.4
Escambia County	Yes	265	231.4
Mobile County	No	2,634	220.1

**Cancer Mortality Rates
U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Black Belt Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	1,523	235.8
District's Rural Counties Combined	Not Applicable	1,523	235.8
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	77	229.9
Choctaw County	Yes	100	221.0
Dallas County	Yes	301	225.4
Greene County	Yes	54	186.0
Hale County	Yes	138	254.0
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Marengo County	Yes	156	236.9
Perry County	Yes	91	264.6
Pickens County	Yes	184	302.5
Sumter County	Yes	75	178.2
Wilcox County	Yes	89	230.3

**Cancer Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	18,848	217.2
Region's Rural Counties Combined	Not Applicable	8,328	232.4
Region's Urban Counties Combined	Not Applicable	10,520	206.5
Bibb County	Yes	143	224.3
Blount County	Yes	319	193.5
Calhoun County	No	815	242.8
Chambers County	Yes	279	262.1
Cherokee County	Yes	196	267.2
Chilton County	Yes	276	222.8
Clay County	Yes	113	268.4
Cleburne County	Yes	110	253.1
Colbert County	Yes	402	245.3
Coosa County	Yes	83	245.1
Cullman County	Yes	549	231.4
DeKalb County	Yes	404	201.3
Elmore County	Yes	391	181.7
Etowah County	No	801	259.4
Fayette County	Yes	127	233.2
Franklin County	Yes	223	242.5
Hale County	Yes	138	254.0
Jackson County	Yes	382	237.2
Jefferson County	No	4,365	221.4
Lamar County	Yes	119	264.5
Lauderdale County	No	591	225.5
Lawrence County	Yes	219	212.3
Limestone County	Yes	406	195.7
Macon County	Yes	163	235.9
Madison County	No	1,604	182.2
Marion County	Yes	254	281.2
Marshall County	Yes	583	229.3
Morgan County	No	687	202.9
Pickens County	Yes	184	302.5
Randolph County	Yes	156	231.0
St. Clair County	Yes	496	235.6
Shelby County	No	720	145.1
Talladega County	Yes	550	229.3
Tallapoosa County	Yes	339	277.7
Tuscaloosa County	No	937	187.3
Walker County	Yes	552	263.6
Winston County	Yes	172	234.2

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

**Cancer Mortality and Mortality Rates
Alabama's Delta Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	3,014	231.7
Region's Rural Counties Combined	Not Applicable	3,014	231.7
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	180	210.9
Bullock County	Yes	77	229.9
Butler County	Yes	167	269.9
Choctaw County	Yes	100	221.0
Clarke County	Yes	173	211.5
Conecuh County	Yes	116	289.4
Dallas County	Yes	301	225.4
Escambia County	Yes	265	231.4
Greene County	Yes	54	186.0
Hale County	Yes	138	254.0
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Marengo County	Yes	156	236.9
Monroe County	Yes	147	207.4
Perry County	Yes	91	264.6
Pickens County	Yes	184	302.5
Russell County	Yes	329	223.5
Sumter County	Yes	75	178.2
Washington County	Yes	114	213.9
Wilcox County	Yes	89	230.3

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

Alabama – Tombigbee Regional Commission, (334) 682-4234 (Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox counties)

Lee – Russell Council of Governments, (334) 749-5264 (Russell County)

South Alabama Regional Planning Commission, (251) 433-6541 (Escambia County)

South Central Alabama Development Commission (334) 244-6903 (Bullock, Butler, Lowndes, and Macon counties)

Southeast Alabama Regional Planning and Development Commission, (334) 794-4093 (Barbour County)

West Alabama Planning and Development Council, (205) 333-2990 (Greene, Hale, and Pickens counties)

**PERMISSION IS GRANTED TO DUPLICATE OR OTHERWISE USE ALL OR ANY PORTION OF
THIS REPORT**

For additional information please contact the Office of Primary Care and Rural Health Development at (334) 206-5396 or the Alabama Rural Health Association at (334) 281-3866.